

QUIZ 3

HOW AUTHENTIC ARE YOU ON THE INTERNET?

1) How do you choose your profile picture?

- A) I choose a photo in which I look good and increase the brightness to the maximum.
- B) I spend a few minutes choosing a nice photo and a good filter.
- C) I spend an hour choosing a good photo and another hour editing it in various apps.

2) You want to share something on social networks that you're proud of. What caption will you add?

- A) I'm so happy about this one. Success.
- B) I'm still a beginner but I feel pretty good about this one.
- C) It didn't work that well. I'm still a beginner, so please don't criticize me too much.

3) What type of posts do you share?

- A) I share what I'm really going through, even if it's not always happy.
- B) I try to show my real life, but sometimes I embellish it or leave something out.
- C) I care about my posts being cute and getting tons of likes.

4) For whom do you create posts on your profile?

- A) I want to maintain relationships with my friends and family, especially with those I don't see often.
- B) I mainly post for my friends, but I don't mind a few extra likes.
- C) I want my posts to be seen by as many people as possible. Getting likes makes me happy.

5) Do you present your opinions on social networks?

- A) I'm not afraid to be open about my opinions on different topics and I'm willing to discuss them.
- B) Sometimes I comment on serious topics, but I don't want to argue with anyone.
- C) I mostly post nice pictures and neutral statuses that don't offend anyone.

6) What do you like to watch on social networks?

- D) I follow what I like and care about.
- E) I follow profiles that interest me, but I also want to keep track of the popular ones.
- F) I mainly follow profiles that are popular.

7) You feel very bad. One of our friends asks you in the chat how you're doing. What are you going to say?

- A) I feel terrible today.
- B) Could be better.
- C) I'm good, how are you?

Mostly A

You're not afraid to be yourself.

It's great that you're not ashamed of your true self and that you also show things that aren't all peachy. Others may be using more filters or sharing only feel-good posts, but you have your own style and no one can take it away from you.

Mostly B

You're mostly honest, but sometimes you embellish the truth a little bit.

We all beautify the truth a little bit from time to time. There's nothing wrong with using a fancy filter on your photos. We have no obligation to be authentic at all costs if we don't like it. But it's good to think about why we don't feel comfortable with something. What if sometimes you just unnecessarily underestimate yourself? Can it be that case that sometimes you accommodate yourself to the demands of others instead of doing what brings you joy?

Mostly C

You can be whoever you want on the Internet.

Social networks are mainly a source of entertainment, so if you're having fun, it's okay to present yourself differently than in real life. It might be good though to think about the reason why we want to hide our true selves.

If you're trying to become an influencer, you'll inevitably need to pretend a bit to get fans and you might be avoiding some controversial topics. Still, be careful not to overdo it. Feel-good posts will naturally gain more admirers, but is that a reason not to post anything negative? Social networks full of happy feel-good posts can make people feel like there's something wrong with them if they feel sad or angry.

Sometimes, we're hiding our true selves for different reasons. It might be worth thinking for a moment about these questions: Aren't you underestimating yourself sometimes? Aren't you accommodating yourself to the demands of others instead of doing what brings you joy?